

Full Report (All Nutrients) 03211, Babyfood, cereal, high protein, with apple and orange, dry

Report Date: June 24, 2017 22:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4 Fat Factor: 8.4 Protein Factor:3.5 Nitrogen to Protein Conversion Factor:5.85

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.4g	0.5 oz 14.2g
Proximates						
Water	g	5.30	1	--	0.13	0.75
Energy	kcal	374	--	--	9	53
Energy	kJ	1565	--	--	38	222
Protein	g	25.40	4	--	0.61	3.61
Total lipid (fat)	g	6.50	4	--	0.16	0.92
Ash	g	5.20	1	--	0.12	0.74
Carbohydrate, by difference	g	57.60	--	--	1.38	8.18
Fiber, total dietary	g	7.1	--	--	0.2	1.0
Minerals						
Calcium, Ca	mg	751	3	--	18	107
Iron, Fe	mg	47.50	--	--	1.14	6.75
Magnesium, Mg	mg	159	1	--	4	23
Phosphorus, P	mg	539	1	--	13	77
Potassium, K	mg	1330	1	--	32	189
Sodium, Na	mg	104	2	--	2	15
Zinc, Zn	mg	2.70	1	--	0.06	0.38
Copper, Cu	mg	0.964	--	--	0.023	0.137
Selenium, Se	µg	28.3	--	--	0.7	4.0
Vitamins						
Vitamin C, total ascorbic acid	mg	3.1	3	--	0.1	0.4
Thiamin	mg	3.790	5	0.210	0.091	0.538
Riboflavin	mg	4.330	5	0.268	0.104	0.615

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.4g	0.5 oz 14.2g
Niacin	mg	23.830	5	1.288	0.572	3.384
Vitamin B-6	mg	0.351	3	--	0.008	0.050
Folate, total	µg	190	--	--	5	27
Folic acid	µg	0	--	--	0	0
Folate, food	µg	190	--	--	5	27
Folate, DFE	µg	190	--	--	5	27
Vitamin B-12	µg	0.30	2	--	0.01	0.04
Vitamin A, RAE	µg	3	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	54	4	17.000	1	8
Lipids						
Fatty acids, total saturated	g	0.960	--	--	0.023	0.136
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.000	0.000
14:0	g	0.013	--	--	0.000	0.002
16:0	g	0.716	--	--	0.017	0.102
18:0	g	0.220	--	--	0.005	0.031
Fatty acids, total monounsaturated	g	1.231	--	--	0.030	0.175
16:1 undifferentiated	g	0.019	--	--	0.000	0.003
18:1 undifferentiated	g	1.207	--	--	0.029	0.171
20:1	g	0.003	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	3.429	--	--	0.082	0.487
18:2 undifferentiated	g	3.022	--	--	0.073	0.429
18:3 undifferentiated	g	0.403	--	--	0.010	0.057
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.4g	0.5 oz 14.2g
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0